

City of Seattle Human Services Department  
**Communities That Care**  
**Community-based Proven Youth Development Programs**

Program	Quantum Opportunities Program (QOP)	Across Ages	Big Brothers/Big Sisters of America (BBBSA)
<b>Risk Factors Addressed</b>	Extreme economic deprivation, and Academic failure	Lack of commitment to school, Alienation & rebelliousness, and Early onset of problem behaviors	Alienation & rebelliousness, Early & persistent antisocial behavior, and Early onset of problem behaviors
<b>Age Group</b>	15 – 18 year olds	11 – 14 year olds	6 – 18 year olds
<b>Core Components</b>	<ul style="list-style-type: none"> <li>▪ Educational activities</li> <li>▪ Developmental &amp; cultural activities</li> <li>▪ Community service</li> <li>▪ Performance-based cash &amp; scholarship incentives</li> </ul>	<ul style="list-style-type: none"> <li>▪ Elders mentoring youth</li> <li>▪ Community service</li> <li>▪ Life skills curriculum</li> <li>▪ Family activities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Careful matching of mentor &amp; youth</li> <li>▪ Goal-oriented one-to-one mentoring</li> <li>▪ Monitoring &amp; support</li> </ul>
<b>Outcomes</b>	One year after program completion, QOP participants had more positive educational & social achievement outcomes and were more likely to have graduated from high school and perform volunteer service than the control group participants. They were also less likely to be arrested and had fewer children.	Across Ages participants had the following positive outcomes: <ul style="list-style-type: none"> <li>▪ Fewer days absent from school than the control group,</li> <li>▪ Improved attitudes toward the future, school &amp; elders, and</li> <li>▪ Significant gains in knowledge &amp; perceived ability to respond appropriately to situations involving drug use.</li> </ul>	Compared to control group, BBBSA participants were 46% less likely to initiate drug use, 27% less like to initiate alcohol use, and 30% less likely to hit someone. Participants also missed half as many school days, felt more competent about doing school work, showed modest GPA gains, and had better relationships with peers and family members.
<b>Resources</b>	C. Benjamin Lattimore or Deborah L. Scott 1414 North Broad St Philadelphia, PA 19122 215-236-4500  For a “Blueprint” contact: Center for the Study of Prevention of Violence University of Colorado at Boulder Campus Box 442 Boulder, CO 80309 <a href="mailto:Cspv@colorado.edu">Cspv@colorado.edu</a> <a href="http://www.colorado.edu/cspv">www.colorado.edu/cspv</a>	Andrea S. Taylor, Ph.D Temple University Center for Intergenerational Learning 1601 N. Broad Street, USB 206 Philadelphia, PA 19122 215-204-6970 <a href="mailto:dlogan00@nimbus.ocis.temple.edu">dlogan00@nimbus.ocis.temple.edu</a>	Agency Development Office Big Brothers Big Sisters of America 230 North 13 <sup>th</sup> Street Philadelphia, PA 19107 215-567-7000

**Seattle Public Schools Communities That Care Implementation Plans**

<http://www.seattleschools.org/area/ctc/comcare.xml>

Seattle secondary schools are implementing Communities That Care. Each school has identified a school-community board that includes parents, students, school staff, social service agency staff, and community volunteers. As of June, 2003, eighteen school-based teams have completed specific CTC Implementation Plans. Each of these schools has received implementation funding from a Safe Schools/Healthy Students grant from the *United States Departments of Education, Health & Human Services, and Justice*. To learn about school-based implementation plans, view the School Plans In Progress table at:

<http://www.seattleschools.org/area/ctc/CTC%20Update%207-15-03.doc>

Blueprints for Violence Prevention Overview  
<http://www.colorado.edu/cspv/blueprints/>

In 1996, the Center for the Study and Prevention of Violence (CSPV), at the University of Colorado at Boulder, designed and launched a national violence prevention initiative to identify effective violence prevention programs. The project, called Blueprints for Violence Prevention, has identified 11 prevention and intervention programs that meet a strict scientific standard of program effectiveness. The 11 model programs, called Blueprints, have been effective in reducing adolescent violent crime, aggression, delinquency, and substance abuse. Another 21 programs have been identified as promising programs. To date, more than 600 programs have been reviewed, and the Center continues to look for programs which meet the selection criteria.

Substance Abuse and Mental Health Services Administration (SAMHSA) Model Programs  
<http://modelprograms.samhsa.gov/>

Program	All Stars	Creating Lasting Family Connections (CLFC)
<b>Risk Factors Addressed</b>	*Favorable Attitudes Toward Substance Abuse	*Early Initiation of Substance Abuse *Family Management Problems *Family Conflict *Favorable Parental Attitudes and Involvement in Substance Abuse
<b>Protective Factors Addressed</b>	*Healthy Beliefs and Clear Standards *Bonding	*Bonding *Skills
<b>Age Group</b>	11 – 14 year olds	11 – 15 year olds
<b>Core Components</b>	<ul style="list-style-type: none"> <li>Targets youth in already-established groups within community settings</li> <li>Includes nine 1-hour interactive group sessions, one-on-one meetings, small group discussions, a parent component, and a public celebration at the end</li> <li>Provides an evaluation tool and a method for continuously integrating prevention</li> </ul>	<ul style="list-style-type: none"> <li>Recruit and train community volunteers</li> <li>Recruit youth and families from high-risk environments who are willing to participate in the program</li> <li>Highly interactive training modules designed to be administered separately to parents and youth</li> <li>Early intervention services and follow-up case management services</li> </ul>
<b>Outcomes</b>	All Stars student's commitment to avoid high-risk behavior significantly improved; increased their bonding to school; viewed high-risk behavior to be less accepted; and continued to view their lifestyle to be incongruent with high-risk behaviors	The CLFC program evaluation found positive effects on family and youth resiliency and on substance use among youth 11 through 15 years of age.
<b>Cost</b>	Training: \$350 plus travel and lodging Strategy Implementation Cost: <a href="http://www.tanglewood.net">http://www.tanglewood.net</a> for current prices.	Training: \$750 per person plus travel and lodging Evaluation tool: \$300 Strategy Implementation Cost: approximately \$17,500 for 40 families
<b>Resources</b>	For more information, visit: <a href="http://www.tanglewood.net">http://www.tanglewood.net</a> . <b>For technical assistance or training contact:</b> Kathleen Nelson-Simley Tanglewood Research, Inc. PO Box 5512 Lincoln, NE 68505 <a href="mailto:kathleensimley@alltel.net">kathleensimley@alltel.net</a> Phone: (800) 822-7148 Fax: (402) 489-1072	For more information on this program, visit <a href="http://modelprograms.samhsa.gov">http://modelprograms.samhsa.gov</a> or <a href="http://www.copes.org">www.copes.org</a> . <b>For training and implementation contact:</b> Teresa Boyd COPEs, Inc. 845 Barret Avenue Louisville, KY 40204 <a href="mailto:tstrader@sprynet.com">tstrader@sprynet.com</a> Phone: (502) 583-6820 Fax: (502) 583-6832